

28/7

1st Lecture

Sumi Sensei Hanshi 8th Dan.

Kendo is derived from the warrior class system, thus is steeped in tradition and values, from this forementioned tradition.

- The aim of Kendo is to improve oneself.
- Thus "Correct Kendo is Vital."

Sumi Sensei spoke of coaching versus teaching.

Coaching
is

Pushing and
or pulling

Teaching
is

Pushing and pulling
with guidance,
counselling, advice
and mentoring.

- To improve in Kendo, physical & mental balance is important.
- Kendo teachers must be mindful of each student's ability, and adjust accordingly.

①



Distance between
shinai in Sankyō
and prior to
doing Kirikaeshi
and Uchikomi
geiko.

②



Bokuto crossed
at the yokote,
is the correct
distance upon
commencement
of kata in
Sankyō.

③



Fighting distance
or battle for
centre at
Issoku Itto no
Mai.

Kiri kaeshi

Done in three sets of nine cuts

- Initial attack done from a very far maai, after Shomen, the four forward, and five backward sayumen are executed.

When the attacker has retreated at the end of one set to commence their second set, as soon as

Issoku Itto no maai is obtained the motodachi moves in slightly, allowing a one step Men strike being executed to their men. This allows for the second set of sayumen to be completed.

The third set is a repeat of the second set.

The final Shomen is done like the very first, from Toh Maai.

Basic Striking

Shikake Waza

- Same to uchi ma then cut Men with suriya

-	"	"	"	"	"	Kote	"
-	"	"	"	"	"	Do	"
-	"	"	"	"	"	Tsuki	"

- Same to uchi ma then cut Men with fumika

-	"	"	"	"	"	Kote	"
-	"	"	"	"	"	Do	"
-	"	"	"	"	"	Tsuki	"

Oji Waza

Men Kaeshi Do.

Step into your opponent (motodachi) this triggers an attack from the motodachi in the form of a men. Your response is to rise, slide your sword against the strike, then deliver a counter attack to do.

Men Kaeshi Kote.

Step into your opponent, this triggers an attack to your men, using hiraki ashi, move to your left whilst using kaeshi, then counter attack kote.

Kote Kaeshi Men.

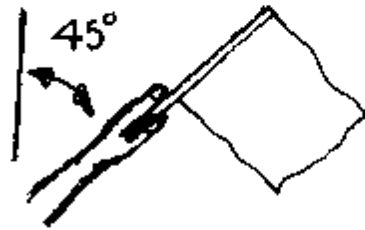
Step into your opponent, this triggers an attack at your kote. Remaining on the spot, moving backwards or moving leftwards kaeshi the attack, and counter attack men.

Refereeing



Footwork: - Heels touching (Essential)

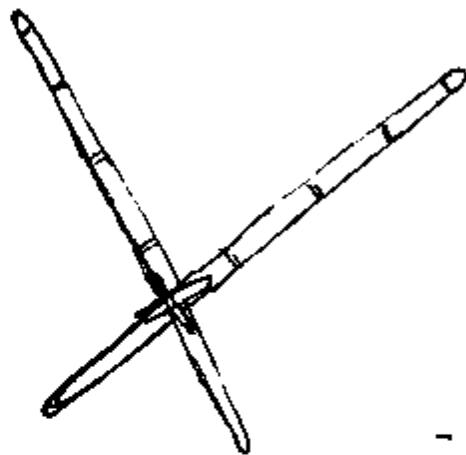
- General:
- Index finger pointing down line of flag handle
 - Level commands.
 - When awarding a point the flag signals at 45° .



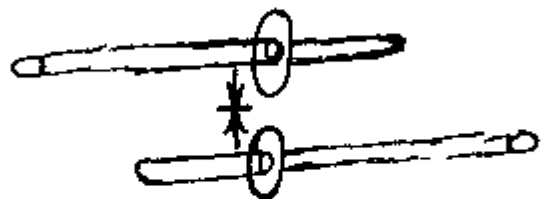
- When stopping the fight - both flags are raised straight up, overhead.

- If Tsuba tgeria is not properly observed, then a hansoku is awarded.

Side view



Plan view



- Kiai must be correct and evenly enunciated.